## ABSTRACT OF THE INVENTION

Method for manufacturing a balancing jacket for diving activities characterized by the following steps: a) manufacturing an inflatable chamber by joining two pieces of suitable fabric substantially having a plan C-shape; manufacturing a back element made of fabric having a substantially Ushape; and applying around said back element the central portion of said inflatable chamber, thus tubular back-supporting horseshoe obtaining a structure provided with two tubular end extensions extending forward substantially as a right angle with respect to said horseshoe structure, forming two ventral supporting chambers.